## Anxiety Triggers Worksheet

## Client Information

Date: July 14, 2023
Name: Linette Mallin
Instructions: Rate each trigger from 1-10 based on how anxious each makes you.

## Legend:

- 0-1: Calm or Relaxed
- 2-4: A little anxious or tense
- 5-7: Anxious, Worried, Overwhelmed
- 8-10: Extremely Anxious, Panicked


## Triggers

8 Conflicts within relationships (e.g., family, friends, partner)
$7 \quad$ Large crowds
6 Meeting someone new
5 Going to new places
10 Making a Mistake/Failure
$9 \quad$ Having a lot that needs to be done
7 Loud noises
7 Raised voices
$6 \quad$ Being bullied
$7 \quad$ Someone close to you getting sick
7 Not knowing how or what to do about something
8 Thinking about the past or future
$4 \quad$ Your appearance
5 Performing or presenting in front of a group or crowd
$1 \quad$ Being alone or being with myself for a long time
3 Not feeling ready for something
2 Being in tight spaces
1 Being in open spaces
Going to work/school

| 5 | Changes in my routine or life |
| :--- | :--- |
| 6 | Apologizing or admitting my mistakes |
| 5 | Working with others |
| 8 | Feeling left out |
| 0 | Social media |
| 2 | Slow or no replies to messages |
| 6 | Watching the news |
| 1 | Being separated from my phone |
| 9 | Finances |
|  | Other: |
|  | Other: |
|  | Other: |
|  |  |

Which of the ones listed above triggers your anxiety often?
Making mistakes.

What are your coping skills to manage the triggers? How are you coping? Are your strategies effective or not? What can you do to work on your strategies?

I take a moment, some deep breaths, and come up with a solution or distraction alone or with loved ones. Sometimes, they are effective. Other times, they aren't. I think I may have to go to a therapist if I want to develop better and healthier coping strategies.

